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In This Issue...

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EDITORIALS

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In This Issue . . .

I am proud to introduce the May 2010 issue (4:2) of the *International Journal of Aquatic Research and Education*. Although *IJARE* is still a relatively new journal, I find that compiling each issue is distinctly unique and always an “adventure.” I may previously have shared the definition of an adventure with readers, but it is worth sharing again. An “adventure” is any human endeavor that has an element of real or perceived risk, requires active engagement by the participants, and, importantly, has an uncertain outcome! Yes, every issue continues to be an adventure for me! I owe a personal debt of gratitude to both my wife, Jeanne, and to our Human Kinetics managing editor, Margery Kane, for their patience with me every three months as I scramble to assemble the component parts.

See You in Oslo!

Regular readers will realize that the XIth **International Symposium on Biomechanics and Medicine in Swimming** (a.k.a., BMS 2010) will be getting underway in Oslo, Norway at the Norwegian School of Sport Sciences in a little over a month from when this issue is published. As you read this, the organizing committee will have finalized plans for the June 16-19 conference and will be making last minute preparations. I am honored to have been asked to present one of the invited papers at the conference along with another research paper that was accepted by reviewers. I join the organizing committee in hoping that we have a large gathering from around the world. I certainly am hoping to put faces to the names of the many persons I know through *IJARE*. The BMS 2010 chairpersons, Per-Ludvik Kjendlie and Robert Stallman, assure me that June is “the time” to visit Norway. You can locate vital information, including a short video and a newsletter, on the BMS website at <http://www.nih.no/templates/Page.aspx?id=4108>. I am excited. I hope readers are as well.

Research Contributions in the Current Issue

The fourteenth issue of *IJARE* begins with my editorial about the U.S. efforts to create a Model Aquatic Health Code and my musings on whether we need a comparable international effort on aquatic health, water safety, and lifeguarding practices.

As with our previous issue, the current issue is comprised of seven research articles, along with two educational manuscripts. Three of the articles deal with water exercise topics, and two others deal with water safety issues. Another one deals with boating and one investigates the egg-beater kick used in water polo. It is an eclectic, but interesting issue, I believe.

The first paper is authored by Kevin Moran from the University of Auckland in New Zealand. Kevin’s article, “Risk of Drowning: The ‘Iceberg Phenomenon’ Revisited,” explores interesting data related to the ratio of rescues and nonfatal

drownings to fatalities. He investigates the actual incidence of water safety accidents to determine, as the article title suggests, whether fatal drownings are only the tip of a metaphorical iceberg.

Kasee Hildenbrand, Bruce Becker, Rebekah Whitcomb, and James Sanders, all from Washington State University in Pullman, have coauthored "Age-Dependent Autonomic Changes Following Immersion in Cool, Neutral, and Warm Water Temperatures." This interesting article investigates the impact of water temperature on physiologic thermoregulation. The results of this study provide some important implications for water exercise studies.

The next water exercise-themed article, "The Effect of Aquatic Physiotherapy on Low Back Pain in Pregnant Women" was coauthored by Esther Intveld, Stephanie Cooper, and Gisela van Kessel from the University of South Australia and Flinders Medical Centre, respectively, in Adelaide, South Australia. Although specialized to pregnant women, it appears from their research that water can play a role as an important therapeutic modality in decreasing pregnancy-induced lower back pain.

The final water exercise and therapy paper was submitted by Anelise Ambrosini, Michel Brentano, Marcelo Coertjens, and Luiz Kruehl from the Federal University of Rio Grande do Sul in Porto Alegre, Brazil. It is titled "The Effects of Strength Training in Hydrogymnastics in Middle-Age Women." They examined two regimens of training in Brazilian hydrogymnastics to discover that strength increments occurred in both equipment-based and nonequipment exercise. This was somewhat surprising because some of the previous research questioned whether water exercise was sufficiently strenuous to induce muscular strength improvements.

The fifth paper comes to us from a group of researchers headed by Ricardo Fernandes at the University of Porto in Porto, Portugal. Along with Ricardo, Nuno Oliveira, Silvério Liberal, Mariana Sarmiento, Pedro Figueiredo, Pedro Gonçalves, and João Paulo Vilas-Boas coauthored "Muscle Activity During the Typical Water Polo Eggbeater Kick." They explored EMG activity during three phases of the eggbeater kick performed in three different positions.

The sixth paper in our issue was coauthored by Amanpreet Virk from the University of Western Australia and Terri Pikora of Curtin University, both in Perth. It is titled "The Recreational Skippers Ticket and its Influence on Boater Behavior: A survey of Recreational Boat Owners in Western Australia." They explored the knowledge and behavior of typical boaters and the role that the Recreational Skippers Ticket may have on that behavior.

The final research paper in this issue, "Development of In-Water-Intervention (IW) in a Lifeguard Protocol with Analysis of Rescue History," was coauthored by John Hunsucker and Scott Davison from the National Aquatic Safety Company (NASCO) in Dickinson, Texas. This interesting study is part of a larger protocol being explored by these authors. This paper investigated particularly the use of abdominal thrusts as a first intervention procedure by lifeguards while they are making rescues. I suspect this paper will engender quite a bit of discussion among the lifeguarding community.

Educational Articles

This issue contains two very different kinds of educational articles. The first, authored by Susan Grosse of Milwaukee, Wisconsin, an expert in adapted physical education, is entitled “Water Freedom for All: The Halliwick Method.” I recommend this article to all readers who may be interested in instructing nonswimmers, especially those who may have a differing ability that has prevented them from easily learning to swim with other methods. I think many readers will find the Halliwick Method to be quite attractive.

Our final educational article is authored by our frequent contributor, Stathis Avramidis, recently the recipient of a PhD degree from Leeds Metropolitan University in Britain as well as a Paragon Award last spring at the International Swimming Hall of Fame. Stathis has been fascinated for some time at the number of Hollywood celebrities who have backgrounds related to swimming and aquatics as well as ones who have suffered drowning episodes. Thus, his most recent contribution is titled “Hollywood Stars’ Involvement in Aquatics and Water Safety.” Readers may find this contribution to be interesting and may even learn a few nuggets of information about the role of aquatics in the background of many celebrities.

Scientific Review

The issue wraps up with a short scientific review on “Lightning Safety for Indoor Swimming Pools” that I completed in my role as a member of the American Red Cross’ Advisory Council on First Aid, Aquatics, Safety, and Prevention (ACFASP). The Council approved this scientific review for which an advisory will be submitted for subsequent approval. The review was conducted in response to a minor controversy over whether indoor pools were safe during electrical storms. While there is still no definitive evidence-based answer, the recommendation is to be conservative and get out of the water, indoors or out-of-doors, during electrical storms.

As always, I wish you all good reading!

*Steve Langendorfer, Editor
International Journal
of Aquatic Research and Education*